

ROCHESTER PARK AND RECREATION DEPARTMENT
201 4 STREET S.E. – ROOM 150
ROCHESTER, MN. 55904

ADULT VOLLEYBALL RULES

1. The net shall be 7'11" 5/8" above the ground for men and co-ed, and 7'4" 1/8" for women.
2. All teams shall be comprised of not more than six players at a time.
3. At least five players must be present to begin a game. If enough players are present 15 minutes after their scheduled time, they may play the second and third games of the match. Volleyball matches must be played within a 55-minute time limit.
4. The team listed second on the schedule will be the home team. The home team chooses the right to serve, receive, or the side of court they wish to play on. For the 2nd game, teams will switch courts and serve goes to the team that received the first game. A coin toss will be conducted for the third game with the visiting team calling the toss.
5. **TEAM TIME-OUTS** - Time-out shall not exceed 30 seconds. Each time-out taken by or charged to a team in excess of two per game shall be penalized. Time outs are not allowed in the last 5 minutes of the match.
6. On a serve, the server can serve anyplace along the end lines.
7. Rally Scoring. Three games, 25 points limit win by two with a max of 27 points.
8. Net Serves are legal.
9. The first server for the team serving will be the right back player. The first server for the team receiving serve will be the right front player.
10. At the instant the ball is contacted for service, the server shall not have any portion of the body in contact with the court, end line, or the floor outside the lines marking the service area. The ball must be clearly tossed or released from the hands of the server prior to service contact. The server has 5 seconds after referee's whistle to release or toss the ball for service, the server allows the ball to fall to the floor without being hit or contacted the referee shall direct a playover and allow another 5 second for serve. This is allowed not more than one time during a term of service.
11. It is permissible to run out of bounds to play a ball. A ball, which is knocked out of bounds by the opponents, must be allowed to hit the floor or wall outside before being touched or, unless successfully returned, it counts against the player touching it.
12. When a ball touches a boundary line, it is considered good.
13. A ball is kept in play if it hits the net and goes over into the opponent's court. It is not permissible for a player to assist the ball over the net on a teammate's serve.

14. A ball hit into the net by a team may still be kept in play provided the net is not touched by any player.
15. One player may play the ball twice during a volley; they cannot be in succession. The ball must be returned over the net by the third contact (with the exception of a block).
16. Player may cross the centerline with foot/feet, as long as part of the foot/feet remain(s) on or above the centerline and the player does not interfere with the play of an opponent. A player may completely cross a centerline extension outside the court providing the player does not interfere with opposing team.

17. Net Play

1. Reaching over the net is permitted during:
 - a. The follow-through of a hit made on the player's own side
 - b. An attempt to hit
 - c. A fake hit
 - d. A block or an attempt to block
 2. Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - a. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court
 - b. Blocking – On a block, if the player attempting the block hits the net with his/her back when returning to the floor; it's not a net foul.
 - c. The attacking team has completed its 3 allowable hits
 - d. The ball is falling near the net and, in the official's judgment; no member of the attacking team could reasonably make a play on the ball.
 3. It is a net foul for a player to grasp the floor or wall cables, standards, or referee stand for support. Incidental contact is not penalized.
18. The position of the substitute shall be that of the server.
19. **AFTER THE BALL IS SERVED** – After the ball is contacted when hit for a serve, the players may move from their respective positions.
20. **PLAYING THE BALL** – The ball may be hit by any part of the body.
21. A ball striking the ceiling or any overhead obstruction shall remain in play provided it is legally played next by the offending team.
22. **REPLAY** – A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or side out. The same player who served the previous play serves on the replay. A replay shall be declared when:
1. An official's mistaken whistle sound interrupts the play
 2. A foreign object enters the proximity of the playing area
 3. A wall or obstruction within 6 feet of a boundary line may interfere with a player's legitimate effort to legally play the ball

4. A ball becomes motionless in or on an overhead
 5. The referee determines a player has been injured
 6. After a double foul
 7. A ball released for service is not contacted and allowed to fall to the floor
23. Multiple contacts on any first play of the ball are now legal. Block does not count as the first contact.
24. No blocking or attacking the ball on a serve.

ADDITIONAL RULES FOR CO-ED VOLLEYBALL

Same rules as men's and women's volleyball with these exceptions:

1. Men and women shall be positioned alternately on the court.
2. When more than one hit is made by a team, one of the hits shall be made by a woman. (Blocks are not considered as one of the teams hits).
3. One backcourt player (man or woman) may also block when there is only one male player in a front line position.
4. Net height shall be **7'11" 5/8"**.
5. Teams can play with five players, but they **have** to be 3 women 2 men or vice versa, **not** 4 women 2 men.

ADDITIONAL RULES FOR 4 MAN VOLLEYBALL

1. The ball must cross the net between the standards, i.e. the standards are similar to antenna's on an indoor court.
2. Players have no position on the court at the time of service. They may be in any position. All players may block, attack and play the ball as if they were front row players.
3. Players are to serve in order and may serve from any location behind the back line of the court. The servers last contact with the ground must be within this service area prior the contacting the ball for service. During each service attempt the server may have one reserve/playover providing after they release the ball for serve, the ball falls to the ground untouched by the server. For this first attempt the referee will signal a replay and signal for a new serve. If the server touches the ball and it falls to the ground or the server catches the ball to reserve or the server fails in the second attempt to serve the ball a sideout will be called by the referee.
4. A ball hitting a player any place below the waist is legal. On the first team contact multiple contacts are allowed.

*****HIV STATEMENT:** Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever an athletics participant suffers a laceration or wound where oozing or bleeding occurs, the contest must be stopped at the earliest possible time, and the athlete must leave the field of play and may not re-enter until; (1) the bleeding has stopped and (2) the injury is covered. It is highly recommended that all teams have a first aid kit at their disposal.

*****PROFANITY RULE:** If a player uses profanity – penalty is either point, or side out.